

## Badminton Study Guide

### Physical Education

#### History/Facts

- \*Badminton is a lifetime activity, which means it can be played throughout any stage of life.
- \*The history of badminton is thought to go back to as far as ancient Egyptian and Grecian civilizations. In the 1600s the English played a game they called Battledore and Shuttlecock, in which a feathered shuttlecock was hit back and forth between players with a simple wooden bat. There was no net--the object was simply to keep the shuttlecock from hitting the ground.
- \*English military played a game call "poona" in India in the early 1800s. This was the first time a net was used.
- \*Badminton became an Olympic sport in the 1992 Barcelona games for both men's and women's singles and doubles.
- \*The shuttle has been clocked at speeds of 200 mph during a smash shot.
- \*During doubles play, there can be between 40-50 shots in a 20 second time interval.

#### Equipment Needed

- \*badminton racquet
- \*shuttlecock (birdies)
- \*net

#### Game Play

To start a match, spin the racket for "up or down". The words written on the end of the racket will land upside down or right side up. Another way to determine who serves first is a coin toss.

#### Scoring

- \*Rally Scoring – you do NOT need to be serving to score a point. Games are played to 21, you must win by 2.
- \*The games are capped at 30, which means that if the game is not won by 2, the first to 30 wins.
- \*2 wins out of 3 games constitute a match.

#### Service

- \*The server and receiver must stand diagonally from each other the service courts and must remain stationary until the shuttle is struck by the server with a below the waist wrist strike.
- \*FAKING OUT MOVES BY THE SERVER ARE ILLEGAL.
- \*The server states the score, saying their score first, i.e. 12 serving (means the serving team has 12)
- \*Even score serve from the right.
- \*Odd score serve from the left.

#### Serves

- \*The initial contact on the serve must be below the waist.

**Forehand Serve** is the most basic serve.

#### ***Common Mistakes on Serves:***

- \*Throwing the shuttle, rather than **dropping** the shuttle
- \*Hitting the shuttle above waist level
- \*Serving into the net or way too far
  - \*Adjust the angle the racket face slightly to clear the net, or to flatten the serve.
- \*Serving too far
  - \*Adjust your position in the serving square back

## Rotation

\*Service side is determined by odd/even scores. Partners only rotate after scoring a point while serving.

\*The serve must land between the short serve line and the back serve line. In other words, the back alley is out of bounds on the serve only in doubles. After the serve has been received, the alley is in bounds.

## Strokes

\*\*The strokes are best if the wrist is snapped with minimal shoulder in the swing.

**Overhead clear** is contacted above the head and placed high in the backcourt.

**Underhand clear** is contacted below the waist and placed high in the backcourt.

**Backhand clear** is similar to the over head clear, but with the racket hand shoulder facing the net.

**Smash** is contacted slightly in front of body well above the head and forcefully shoots down to the opponent's court with a wrist snap.

**Drive** is contacted between the waist and shoulders and flies across the net in a straight trajectory.

**Drop Shot** is when the birdie is lightly contacted so that it falls into the front court of opponents' side. It is usually used when opponent is off the net near the baseline.

## **Also know...**

\*Doubles Formations (Side by Side, Diagonal, Front and Back)

\*The following court markings: (not drawn to scale)

